

Full Report (All Nutrients) 09313, Sapodilla, raw

Report Date: July 01, 2017 01:42 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:20% Refuse Description: Seeds and skin

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pulp 241g	1 sapodilla 170g
Proximates						
Water	g	78.00	1	--	187.98	132.60
Energy	kcal	83	--	--	200	141
Energy	kJ	347	--	--	836	590
Protein	g	0.44	1	--	1.06	0.75
Total lipid (fat)	g	1.10	--	--	2.65	1.87
Ash	g	0.50	--	--	1.21	0.85
Carbohydrate, by difference	g	19.96	--	--	48.10	33.93
Fiber, total dietary	g	5.3	--	--	12.8	9.0
Minerals						
Calcium, Ca	mg	21	--	--	51	36
Iron, Fe	mg	0.80	--	--	1.93	1.36
Magnesium, Mg	mg	12	--	--	29	20
Phosphorus, P	mg	12	--	--	29	20
Potassium, K	mg	193	--	--	465	328
Sodium, Na	mg	12	--	--	29	20
Zinc, Zn	mg	0.10	--	--	0.24	0.17
Copper, Cu	mg	0.086	--	--	0.207	0.146
Selenium, Se	µg	0.6	--	--	1.4	1.0
Vitamins						
Vitamin C, total ascorbic acid	mg	14.7	12	2.301	35.4	25.0
Thiamin	mg	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pulp 241g	1 sapodilla 170g
Riboflavin	mg	0.020	--	--	0.048	0.034
Niacin	mg	0.200	--	--	0.482	0.340
Pantothenic acid	mg	0.252	--	--	0.607	0.428
Vitamin B-6	mg	0.037	1	--	0.089	0.063
Folate, total	µg	14	--	--	34	24
Folic acid	µg	0	--	--	0	0
Folate, food	µg	14	--	--	34	24
Folate, DFE	µg	14	--	--	34	24
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	3	--	--	7	5
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	60	--	--	145	102
Lipids						
Fatty acids, total saturated	g	0.194	--	--	0.468	0.330
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.100	--	--	0.241	0.170
18:0	g	0.094	--	--	0.227	0.160
Fatty acids, total monounsaturated	g	0.521	--	--	1.256	0.886
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.521	--	--	1.256	0.886
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.011	--	--	0.027	0.019
18:2 undifferentiated	g	0.011	--	--	0.027	0.019
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pulp 241g	1 sapodilla 170g
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.005	2	--	0.012	0.009
Threonine	g	0.012	1	--	0.029	0.020
Isoleucine	g	0.015	1	--	0.036	0.025
Leucine	g	0.024	1	--	0.058	0.041
Lysine	g	0.039	3	--	0.094	0.066
Methionine	g	0.003	3	--	0.007	0.005
Phenylalanine	g	0.013	1	--	0.031	0.022
Tyrosine	g	0.014	1	--	0.034	0.024
Valine	g	0.016	1	--	0.039	0.027
Arginine	g	0.017	1	--	0.041	0.029
Histidine	g	0.016	1	--	0.039	0.027
Alanine	g	0.014	1	--	0.034	0.024
Aspartic acid	g	0.032	1	--	0.077	0.054
Glutamic acid	g	0.038	1	--	0.092	0.065
Glycine	g	0.017	1	--	0.041	0.029
Proline	g	0.036	1	--	0.087	0.061
Serine	g	0.018	1	--	0.043	0.031
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0